



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09106, Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids

Report Date: June 30, 2017 06:16 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 259g
Proximates					
Water	g	76.64	10	0.380	198.50
Energy	kcal	88	--	--	228
Energy	kJ	368	--	--	953
Protein	g	0.33	--	--	0.85
Total lipid (fat)	g	0.06	--	--	0.16
Ash	g	0.21	--	--	0.54
Carbohydrate, by difference	g	22.77	--	--	58.97
Fiber, total dietary	g	1.0	--	--	2.6
Minerals					
Calcium, Ca	mg	6	--	--	16
Iron, Fe	mg	0.28	--	--	0.73
Magnesium, Mg	mg	5	--	--	13
Phosphorus, P	mg	9	--	--	23
Potassium, K	mg	80	--	--	207
Sodium, Na	mg	5	--	--	13
Zinc, Zn	mg	0.07	--	--	0.18
Copper, Cu	mg	0.063	--	--	0.163
Manganese, Mn	mg	0.143	--	--	0.370
Vitamins					
Vitamin C, total ascorbic acid	mg	2.1	10	0.100	5.4
Thiamin	mg	0.014	--	--	0.036

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 259g
Riboflavin	mg	0.020	--	--	0.052
Niacin	mg	0.353	--	--	0.914
Pantothenic acid	mg	0.053	--	--	0.137
Vitamin B-6	mg	0.032	--	--	0.083
Folate, total	µg	3	--	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	8
Folate, DFE	µg	3	--	--	8
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	32	5	1.140	83
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	637	5	22.808	1650
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.009	--	--	0.023
16:0	g	0.006	--	--	0.016
18:0	g	0.002	--	--	0.005
Fatty acids, total monounsaturated	g	0.012	--	--	0.031
18:1 undifferentiated	g	0.012	--	--	0.031
Fatty acids, total polyunsaturated	g	0.027	--	--	0.070
18:2 undifferentiated	g	0.024	--	--	0.062
18:3 undifferentiated	g	0.003	--	--	0.008
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					